

, 08-09.02.2024 .

8 , 400m 2013  
08.02.2024 - 9:46

: FINA 2024

			/					R.T.		FINA
2010										
1.			2007						<b>4:38.35</b>	661
	50m: 29.10	29.10	150m: 1:38.68	35.86	250m: 2:54.13	39.93	350m: 4:07.07	32.39		
	100m: 1:02.82	33.72	200m: 2:14.20	35.52	300m: 3:34.68	40.55	400m: 4:38.35	31.28		
2.			2009						<b>4:45.47</b>	612
	50m: 29.46	29.46	150m: 1:39.59	36.10	250m: 2:55.81	40.21	350m: 4:11.99	35.10		
	100m: 1:03.49	34.03	200m: 2:15.60	36.01	300m: 3:36.89	41.08	400m: 4:45.47	33.48		
3.			2007						<b>4:53.01</b> I	566
	50m: 30.69	30.69	150m: 1:43.24	37.41	250m: 3:03.19	43.60	350m: 4:20.81	33.94		
	100m: 1:05.83	35.14	200m: 2:19.59	36.35	300m: 3:46.87	43.68	400m: 4:53.01	32.20		
4.			2010 I						<b>5:16.20</b> II	451
	50m: 32.85	32.85	150m: 1:53.73	42.72	250m: 3:19.96	45.66	350m: 4:41.83	36.96		
	100m: 1:11.01	38.16	200m: 2:34.30	40.57	300m: 4:04.87	44.91	400m: 5:16.20	34.37		
5.			2010 II						<b>5:34.16</b> II	382
	50m: 33.23	33.23	150m: 2:00.21	45.33	250m: 3:30.86	47.67	350m: 4:58.66	38.64		
	100m: 1:14.88	41.65	200m: 2:43.19	42.98	300m: 4:20.02	49.16	400m: 5:34.16	35.50		
6.			2009 II	"	"				<b>5:34.64</b> II	380
	50m: 36.02	36.02	150m: 2:04.96	44.56	250m: 3:33.84	45.17	350m: 4:57.36	37.54		
	100m: 1:20.40	44.38	200m: 2:48.67	43.71	300m: 4:19.82	45.98	400m: 5:34.64	37.28		

DNF

2009 I

2009 - 2010

1.			2009						<b>4:45.47</b>	612
	50m: 29.46	29.46	150m: 1:39.59	36.10	250m: 2:55.81	40.21	350m: 4:11.99	35.10		
	100m: 1:03.49	34.03	200m: 2:15.60	36.01	300m: 3:36.89	41.08	400m: 4:45.47	33.48		
2.			2010 I						<b>5:16.20</b> II	451
	50m: 32.85	32.85	150m: 1:53.73	42.72	250m: 3:19.96	45.66	350m: 4:41.83	36.96		
	100m: 1:11.01	38.16	200m: 2:34.30	40.57	300m: 4:04.87	44.91	400m: 5:16.20	34.37		
3.			2010 II						<b>5:34.16</b> II	382
	50m: 33.23	33.23	150m: 2:00.21	45.33	250m: 3:30.86	47.67	350m: 4:58.66	38.64		
	100m: 1:14.88	41.65	200m: 2:43.19	42.98	300m: 4:20.02	49.16	400m: 5:34.16	35.50		
4.			2009 II	"	"				<b>5:34.64</b> II	380
	50m: 36.02	36.02	150m: 2:04.96	44.56	250m: 3:33.84	45.17	350m: 4:57.36	37.54		
	100m: 1:20.40	44.38	200m: 2:48.67	43.71	300m: 4:19.82	45.98	400m: 5:34.64	37.28		

DNF

2009 I

2011 - 2013

1.			2012 III						<b>6:01.72</b> III	301
	50m: 37.31	37.31	150m: 2:09.00	46.08	250m: 3:47.43	51.90	350m: 5:21.60	42.48		
	100m: 1:22.92	45.61	200m: 2:55.53	46.53	300m: 4:39.12	51.69	400m: 6:01.72	40.12		
2.			2011 III						<b>6:22.51</b> III	254
	50m: 40.00	40.00	150m: 2:18.74	50.18	250m: 4:04.42	55.94	350m: 5:43.12	42.24		
	100m: 1:28.56	48.56	200m: 3:08.48	49.74	300m: 5:00.88	56.46	400m: 6:22.51	39.39		

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